



Statistics Report 20005, Barley, pearled, raw

Report Date: June 27, 2017 02:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	10.09	--	0.366	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	352	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1473	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	9.91	--	0.425	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	1.16	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	1.11	--	0.063	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	77.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	15.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	0.80	--	--	--	--	--	--	--	--	Calculated or imputed	20130	09/2002

Minerals

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	29	--	1.599	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	2.50	--	0.137	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	79	--	3.972	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	221	--	11.212	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	280	--	10.233	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	9	--	2.228	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	2.13	--	0.108	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.420	--	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	1.322	--	0.080	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	37.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.191	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.114	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	4.604	--	0.222	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.282	--	0.056	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.260	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	23	--	1.222	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	23	--	1.222	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	37.8	--	--	--	--	--	--	--	--	Calculated or imputed	20130	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin A, IU	IU	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Lutein + zeaxanthin	µg	160	--	--	--	--	--	--	--	--	Calculated or imputed	20130	09/2002
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	20130	09/2002
Lipids													
Fatty acids, total saturated	g	0.244	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.208	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.560	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.505	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.165	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.362	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.369	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.219	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.556	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.284	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.486	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.496	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.223	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.386	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.619	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	2.588	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.359	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	1.178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.418	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Flavonoids													
Isoflavones													
Daidzein ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ¹	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--
Total isoflavones ¹	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--

¹Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. Daidzein and genistein content of cereals., 2002 Euro. J. Clin. Nutr. 56 pp.961-966